



Foresight Index Number Decoder

FORESIGHT

*The Association For The Promotion
Of Pre-Conception Care*

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West Sussex, PO21 2UY

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www.foresight-preconception.org.uk

Our
Useful
Translator

Find Out

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Additive numbers are marked;

RED for danger. Known adverse effects are specified

ORANGE for those for which experts have conflicting views

GREEN for those for which there are no known adverse effects

Mothers of children with a particular problem need this information when they are in the supermarket, not just at home in the armchair.

Preconceptual and Pregnant Mums are a special group - if these substances produce known effects in adults, is it fair to subject the foetus, or even the ovum, to these frightening reactions? Foresight feels that it is better to be safe than sorry, by leaving alone the RED and AMBER numbers during this time.

Space has been left to write a child's name opposite the numbers known to cause the conditions they are prone to suffer from and to make note of any unfavourable reactions.

Best wishes for a lifetime of careful shopping and much improved health!



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Notes

Number	ADDITIVE & Adverse Effects
E100	CURCUMIN (C.I. 7530000) No known adverse effects.
E101	RIBOFLAVIN (LACTOFLAVIN VITAMIN B2) No known adverse effects.
101(a)	RIBOFLAVIN - 5' PHOSPHATE (RIBOFLAVIN- 5' [SODIUM PHOSPHATE]) No known adverse effects.
E102	TARTRAZINE (C.I. 19140) Hyperactivity, Asthma, Urticaria, Rhinitis Bronchospasm, Blurred vision, Skin problems, Insomnia, Night terrors. Suspect for cancer.
E104	QUINOLINE YELLOW (C.I. 47005) Hyperactivity, Asthma, Eczema Insomnia, Suspect for cancer.
E107	YELLOW Hyperactivity, Asthma, Eczema Insomnia.
E110	SUNSET YELLOW FCF, (C.I. 15985) Hyperactivity, Asthma, Urticaria, Gastric Upset, Insomnia, Vomiting, Angioedema. Suspect for cancer.
E120	COCHINEAL (CARMINE OF COCHINEAL, CARMINIC ACID; C.I. 75470) Hyperactivity, Asthma, Eczema Insomnia, Suspect for cancer.
E122	CARMOISINE (ARORUBINE; C.I.14720) Hyperactivity, Asthma, Urticaria Insomnia, Oedema. Suspect for cancer.
E123	AMARANTH (C.I. 16185) Hyperactivity, Asthma, Urticaria Insomnia, Suspect for cancer.

Notes

Number	ADDITIVE & Adverse Effects
E124	PONCEAU 4R (C.I. 16255) Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
E127	ERYTHROSINE (C.I. 45430) Hyperactivity, Asthma, Urticaria, Insomnia Phototoxicity, Increased thyroid-hormone levels, Suspect for cancer.
E128	RED 2G (C.I. 18050) Hyperactivity, Asthma, Urticaria Insomnia, Suspect for cancer.
E129	ALLURA RED AC Urticaria, Suspect for cancer.
E131	PATENT BLUE V (C.I. 42051) Hyperactivity, Asthma, Skin sensitivity Nausea, Low blood pressure, Tremor Urticaria, Shock, Breathing problems. Suspect for cancer.
E132	INDIGO CARMINE (INDIGOTINE; C.I. 73015) Hyperactivity, Nausea, Vomiting, High blood pressure, Hypertension, Skin problems, Pruritis, Breathing problems. Suspect for cancer.
E133	BRILLIANT BLUE FCF (C.I.42090) Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
E140	CHLOROPHYLL (C.I. 75810) No known adverse effects.
E141	COPPER COMPLEXES OR CHLOROPHYLL AND CHLOROPHYLLINS (C.I. 75810; COPPER PHAEOPHYTINS) Asthma, Skin irritation, Hay fever.
E142	GREENS (ACID BRILLIANT GREEN B5; LISSAMINE GREEN; C.I. 44090) (AZO DE) Hyperactivity, Asthma, Urticaria Insomnia, Suspect for cancer.

Notes	Number	ADDITIVE & Adverse Effects
	E150	CARMEL. B6 deficiency seen in rats, could contain MSG. Suspect for cancer
	E151	BLACK PN (BRILLIANT BLACK BN; Cl. 28440) Intestinal cysts in pigs. Suspect for cancer.
	E153	CARBON BLACK (VEGETABLE CARBON) Cancer, according to studies in U.S.A.
	E154	BROWN FK (KIPPER BROWN) FOOD BROWN) Hyperactivity, Asthma, Urticaria, Insomnia Genetic Mutation. Suspect for cancer.
	155	BROWN HT (Cl. 20285; CHOCOLATE BROWN HT) Hyperactivity, Asthma, Skin sensitivity Insomnia, Kidney stones. Suspect for cancer.
	E160	ALPHA-CAROTINE, BETA-CAROTINE (n) GAMMA-CAROTINE (Cl. 75130) Could be from GM.
	E160	ANNATTO, BIXIN, NORBIXIN (Cl.75120) (b) Could be from GM.
	E160	CAPSANTHIN (CAPSORUBIN) Forbidden in Australia
	E160	Lycopene (Cl. 75125) (d) Conflicting reports.
	E160	BETA-APO-8'-CAROTENAL (C30) (e) (BETA-8'-APOCAROTENAL) No known adverse effects.
	E160	ETHYL ESTER OF BETA-APO-8'-CAROTENOIC ACID (C30) (f) No known adverse effects.
	E161	XANTHOPHYLLS No known adverse effects.
	E161	FLAVOXANTHIN (Cl. 75135) (a) Conflicting reports Forbidden in Switzerland.

Notes	Number	ADDITIVE & Adverse Effects
	E161	LUTEIN (Cl. 75135) (b) Asthma, Skin irritation, Hay fever.
	E161	CRYPTOXANTHIN (Cl. 75135) (c) Conflicting reports Forbidden in Switzerland.
	E161	RUBIXANTHIN (Cl. 75135) (d) No known adverse effects.
	E161	VILOXANTHIN (Cl. 75135) (e) No known adverse effects.
	E161	RHOODOXANTHIN (Cl. 75135) (f) No known adverse effects.
	E161	CANTHAXANTHIN (Cl. 75135) Canthaxanthin could be toxic for the liver and leaves crystals in the eyes which could be irreversible. Avoid.
	E162	BETROOT RED (BETANIN) No known adverse effects.
	E163	ANTHOCYANINS (SCHULTZ 1394 and 1400) No known adverse effects.
	E170	CALCIUM CARBONATE (CHALK Cl. 77220) No known adverse effects.
	E171	TITANIUM DIOXIDE (Cl. 77891) Conflicting reports, Suspect for cancer. Could be from GM.
	E172	IRON OXIDES, IRON HYDROXIDES (YELLOWBROWN: Cl. 77492; RED 77491; BROWN: 77499) No known adverse effects.
	E173	ALUMINIUM (Cl. 77000) Kidney stress, Not safe for the brain. Forbidden in Australia.
	E174	SILVER (Cl. 77800) Blue-grey skin, not well eliminated.

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E175	GOLD (C.I. 77480) Many harmful side-effects have been recorded for gold infections. None so far detected with gold taken by mouth.	E213 CALCIUM BENZOATE Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
E180	PIGMENT RUBINE (LITHOL RUBINE B.K. C.I. 15850) Hyperactivity, Asthma, Skin sensitivity, Insomnia. Suspect for cancer.	E214 ETHYL 4 - HYDROXY BENZOATE (ETHYL-PARA-HYDROXY BENZOATE) Hyperactivity, Asthma, Urticaria, Insomnia, Numb mouth, Skin sensitivity. Also used in cosmetics. Suspect for cancer
E200	SORBIC ACID Skin irritation	E215 ETHYL 4 - HYDROXY BENZOATE SODIUM SALT (SODIUM ETHYL PARA-HYDROXY BENZOATE) Hyperactivity, Asthma, Urticaria, Insomnia Numb mouth. Also used in cosmetics. Suspect for cancer.
E201	SODIUM SORBATE Asthma, Skin irritation, Hay fever. Digestive disorders, Genetic Mutation.	E216 PROPYL 4 - HYDROBENZOATE Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth. Also used in cosmetics. Suspect for cancer.
E202	POTASSIUM SORBATE Asthma, Skin irritation, Hay fever. Digestive disorders, Genetic Mutation.	E217 PROPYL 4 - HYDROXY BENZOATE, SODIUM SALT, (SODIUM N-PROPYL P-HYDROXY BENZOATE; SODIUM PROPYL PARA-HYDROXY BENZOATE Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth. Also used in cosmetics. Suspect for cancer.
E203	CALCIUM SORBATE Asthma, Skin irritation, Hay fever. Digestive disorders, Genetic Mutation. Sorbate is safer in different studies but in large quantities could cause birth defects when consumed with nitrates.	E218 METHYL 4 - HYDROXY BENZOATE (METHYL PARA-HYDROXY BENZOATE) Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth Digestive disorders.
E210	BENZOIC ACID Hyperactivity, Asthma, Urticaria, Insomnia Gastric Irritation, Neurological disorders. Skin irritation, Hay fever Digestive disorders. Genetic Mutation. Reacts with disorders. Genetic Mutation. Reacts with E222. Suspect for cancer.	E219 METHYL 4 - HYDROXY BENZOATE, SODIUM SALT, (SODIUM METHYL PARA-HYDROXY BENZOATE; SODIUM METHYL HYDROXY BENZOATE) Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth.
E211	SODIUM BENZOATE Hyperactivity, Asthma, Urticaria, Insomnia. Scientific testing has shown cases of serious damage to foetuses. Suspect for cancer.	
E212	POTASSIUM BENZOATE Hyperactivity, Asthma, Urticaria, Insomnia. Suspect for cancer.	

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	E220	SULPHUR DIOXIDE Irritation of the alimentary tract. Destruction of Vitamins E and B1. Asthma.		E232	SODIUM BIPHENYL-2-YL OXIDE (SODIUM ORTHOPHENYLPHENATE) Nausea, Vomiting, Irritation to eyes and nose, Kidney problems, Cancer
	E221	SULPHUR SULPHITE Destruction of Vitamins E and B1. Asthma.		E233	2-(THIAZOLE-4-YL) BENZINDAZOLE (THIABENDAZOLE) Skin disorders, could provoke genetic mutation.
	E222	SODIUM HYDROGEN SULPHITE, (SODIUM BISULPHITE; ACID SODIUM SULPHITE)		E234	NHSIN Conflicting reports
		Destruction of Vitamins E and B1. Asthma. Allergy - Gastric irritation.		E235	MATA MYCIN Vomiting, Anorexia, Skin problems Digestive disorders.
	E223	SODIUM METABISULPHITE (DIOSODIUM PYROSULPHITE)		E236	FORMIC ACID Diuretic, Can cause Skin problems
		Gastric irritation, Reduction of Vitamins B and E, Food aversion, Skin reactions Asthma.		E237	SODIUM FORMATE Diuretic, Kidney disorders. Suspect for cancer.
	E224	POTASSIUM METABISULPHITE (POTASSIUM PYROSULPHITE)		E238	CALCIUM FORMATE Diuretic, Kidney disorders NOT PERMITTED IN UK.
		Asthma, Dyspnea, Cyanosis, Faintness Unconsciousness, Gastric irritation.		E239	HEXAMINE (HEXAMETHYLENE TETRAMINE) Gastrointestinal upsets, Urinary upsets Skin rashes, GENE MUTATIONS in animal studies, sometimes in cosmetics. Suspect for cancer.
	E226	CALCIUM SULPHITE Gastric irritation, Reduced Vitamins B and E, Asthma.			
	E227	CALCIUM HYDROGEN SULPHITE (CALCIUM BISULPHITE)			
		Gastric irritation, reduction in Vitamins B and E, Asthma.			
	E228	POTASSIUM BISULPHATE Avoid. Used as pesticide.			
	E229	BIPHENYL (DIPHENYL) Nausea, Vomiting, Irritation to eyes and nose, Allergies, Skin irritation. Forbidden in Australia.			
	E230			E240	POTASSIUM NITRATE NOT FOR BABIES UNDER SIX MONTHS Destruction of Red blood corpuscles Cancer, Asthma. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless until it is proven safe in these circumstances.
	E231	2-HYDROXYBIPHENYL (O-PHENYL PHENOL; ORTHOPHENYLPHENOL) Nausea, Vomiting, Irritation to eyes and nose.			

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E262	SODIUM ACETATE (ANHYDROUS) AND SODIUM ACETATE, NOT SUITABLE FOR BABIES AND YOUNG CHILDREN Increased body fluid salt concentrations. As this substance is not suitable for babies under 6 months we suggest it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.	E242 DIMETHYL BICARBONATE Could contain Methanol. Avoid.
E263	CALCIUM ACETATE No known adverse effects.	E249 POTASSIUM NITRATE Shortness of breath, Hyperactivity, Asthma, Urticaria, Insomnia, Nausea, Vomiting, Dizziness, Cancer in animals. Deoxygenation of the blood, Low blood pressure, Collapse of circulatory system. Suspect for cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
E264	AMMONIUM ACETATE Nausea, Vomiting.	E251 SODIUM NITRATE (CHILE SALTPETRE) Deoxygenation of the blood, Cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
E270	LACTIC ACID NOT SAFE FOR BABIES AND YOUNG CHILDREN. Not safe for babies and young children. As this substance is not suitable for babies under six months we suggest it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.	E252 POTASSIUM NITRATE (SALT PETRE) Gastro-enteritis, Severe Abdominal pain Vomiting, Vertigo, Muscular weakness Irrregular pulse, Deoxygenation of the blood, Cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
E280	PROPIONIC ACID Headaches, Digestive disorders.	E281 SODIUM PROPIONATE Migraine.
E282	CALCIUM PROPIONATE Migraine.	E283 POTASSIUM PROPIONATE Migraine.
E284	BORIC ACID In cauter and mouthwash. Menstrual disorders, Anorexia, Asthenia Confusion and Hair Loss.	E290 CARBON DIOXIDE Promotes effects of alcohol, Dizziness, Nausea, Vomiting.
E296	MALIC ACID (DL-OR-L) Could be GM, unless organic. INFANTS AND YOUNG CHILDREN SHOULD AVOID if not Organic.	E297 FUMARIC ACID No known adverse effects.

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	E300	L-ASCORBIC ACID (VITAMIN C). VERY LARGE DOSES can cause diarrhoea. More than 10gm per day could cause kidney stones in susceptible people. No known adverse effects in standard doses.
	E301	SODIUM L-ASCORBATE (VITAMIN C); SODIUM L-(+)-ASCORBATE. No known adverse effects in standard doses.
	E302	CALCIUM L-ASCORBATE (CALCIUM ASCORBATE) No known adverse effects.
	E304	6-O-PLLMITOVAL-L-ASCORBIC ACID (ASCORBYL PALMITATE) No known adverse effects.
	E306	EXTRACTS OF NATURAL ORIGIN RICH IN TOCOPHEROLS (VITAMIN E) No known adverse effects.
	E307	SYNTHETIC ALPHA-TOCOPHEROL (VITAMIN E; DL-ALPHA-TOCOPHEROL) No known adverse effects.
	E308	SYNTHETIC GAMMA-TOCOPHEROL (VITAMIN E; DL-ALPHA-TOCOPHEROL) No known adverse effects.
	E310	PROPYL GALLATE (PROPYL 3,4,5, THIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, REPRODUCTIVE FAILURES, Liver damage. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E311	OCTYL GALLATE (DODECYL 3,4,5 -TRIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Gastric irritation, REPRODUCTIVE FAILURES. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E312	DODECYL GALLATE (DODECYL 3,4,5 -TRIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Gastric irritation, REPRODUCTIVE FAILURES. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E315	ERYTHORBIC ACID Could affect Vitamin C absorption.
	E316	SODIUM ERYTHORBATE Could affect Vitamin C absorption.
	E320	BUTYLATED HYDROXYANISOLE (BHA) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Raised lipid and cholesterol in blood. Problems with liver metabolism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances. Suspect for cancer.

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	E321	BUTYLATED HYDROXYTOLUENE (BHT) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Skin rashes, REPRODUCTION FAILURES, blood cell changes, cancer seen in animal studies. Problems with liver metabolism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E322	LECTHINS Could be GM. Overdose could upset stomach and cause sweating.
	E325	SODIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. Young children with lactose intolerance should avoid. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
	E326	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
	E327	CALCIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
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	E330	CITRIC ACID IN VERY LARGE AMOUNTS can have irritant action, and/or cause erosion of teeth.
	E331	SODIUM CITRATES No known adverse effects.
	E331	D<small>i</small> SODIUM CITRATE (MONOSODIUM CITRATE) No known adverse effects.
	E331	TRI SODIUM CITRATE (CITROSODINE) No known adverse effects.
	E332	POTASSIUM DIHYDROGEN CITRATE (MONO POTASSIUM CITRATE) No known adverse effects except for kidney patients.
	E332	TRI POTASSIUM CITRATE (POTASSIUM CITRATE) Large amounts may cause Skin sensitivity and Mouth ulcers.
	E333	MONO, D<small>i</small> and TRICALCIUM CITRATE Large amounts may cause Mouth ulcers.
	E334	L-(+)-TARTARIC ACID In large quantities can cause Gastric irritations.
	E335	MONO-SODIUM L-(+)-TARTRATE and D <small>i</small> SODIUM L-(+)-TARTRATE No known adverse effects.
	E336	MONO POTASSIUM L-(+)-TARTRATE (POTASSIUM HYDROGEN TARTRATE; CREAM OF TARTAR; POTASSIUM L-(+)-TARTRATE Kidney stress for people with impaired kidney or liver function.

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E337	POTASSIUM L(+)-TARTRATE (SODIUM and POTASSIUM TARTRATE; SODIUM POTASSIUM TARTRATE) No known adverse effects.	E341 (b)	CALCIUM HYDROGEN ORTHOPHOSPHATE (CALCIUM PHOSPHATE DI BASIC) Digestive disorders.
E338	ORTHOPHOSPHORIC ACID (PHOSPHORIC ACID) Digestive disorders.	E341 (c)	TRI CALCIUM DORTHOPHOSPHATE Digestive disorders.
E339	SODIUM DIHYDROGEN OXYPHOSPHATE (a) N.B. E339 (a)(b)(c) ARE ALL CLASSIFIED AS E339. Digestive disorders.	350	SODIUM HYDROGEN MALATE No known adverse effects.
E339	DI-SODIUM HYDROGEN ORTHOPHOSPHATE (b) Digestive disorders.	351	POTASSIUM MALATE No known adverse effects.
E339	TRI SODIUM HYDROGEN ORTHOPHOSPHATE (c) Digestive disorders.	352	CALCIUM MALATE CALCIUM HYDROGEN MALATE No known adverse effects.
E340	POTASSIUM DIHYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE MONOBASIC) (a) N.B. E340 (a)(b)(c) ARE ALL CLASSIFIED AS E340. Digestive disorders.	353	METATARTARIC ACID No known adverse effects.
E340	POTASSIUM HYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE DI BASIC) (b) Digestive disorders.	355	ADIPIC ACID (HEXANEDIOIC ACID) No known adverse effects.
E340	POTASSIUM ORTHOPHOSPHATE (POTASSIUM PHOSPHATE TRI BASIC) (c) Digestive disorders.	E356	SODIUM ADIPATE No known adverse effects.
E341	CALCIUM TETRAHYDROGEN DIOORTHOPHOSPHATE (ACID CALCIUM PHOSPHATE A C P) (a) N.B. E341 (a)(b)(c) ARE ALL CLASSIFIED AS E341. Digestive disorders.	E357	POTASSIUM ADIPATE No known adverse effects.
E340	NICOTINIC ACID (NIACIN NICOTINAMIDE) No known adverse effects.	363	SUCCINIC ACID Digestive disorders in large doses.
E340	1,4-HEPTONOLACTONE (c) Conflicting reports.	E370	1,4-HEPTONOLACTONE Conflicting reports.
E341	TRI AMMONIUM CITRATE Kidney and digestive disorders.	375	NICOTINIC ACID (NIACIN NICOTINAMIDE) No known adverse effects.
E341	AMMONIUM FERRIC CITRATE (FERRIC AMMONIUM CITRATE) (c) Conflicting reports.	381	AMMONIUM FERRIC CITRATE (FERRIC AMMONIUM CITRATE) Conflicting reports.

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ADDITIVE & Adverse effects

E385	CALCIUM DISODIUM ETHYLENEDIAMINE-N,N' N TETRA-ACETATE (CALCIUM DISODIUM EDTA) Vomiting, Diarrhoea, Abdominal cramps Interference with absorption of minerals.	E414	GUM ARABIC (ACACIA; SUDAN GUM; GUM HASHAB, KORDOFAN GUM) Allergic reactions.
E400	ALGINIC ACID No known adverse effects.	E415	XANTHAN GUM (CORN SUGAR GUM) Asthma, Skin irritation, Hay fever.
E401	SODIUM ALGINATE No known adverse effects.	E416	KARAYA GUM (STERCULLIA GUM) Asthma, Skin irritation, Hay fever.
E402	POTASSIUM ALGINATE No known adverse effects.	E417	TARA GUM Some allergies reported. Conflicting reports
E403	AMMONIUM ALGINATE Conflicting reports.	E420	SORBITOL (i) Very large amounts can cause Flatulence, Diarrhoea and Abdominal distention.
E404	CALCIUM ALGINATE (ALGIN) No known adverse effects.	E420 (ii)	SORBITOL SYRUP Very large amounts can cause Flatulence Diarrhoea and Abdominal distention.
E405	PROPANE-1,2-DIOL ALGINATE (PROPYLENE GLYCOL ALGINATE; ESTER) Could be GM. Conflicting reports.	E421	MANNITOL (MANNA SUGAR) Nausea, Vomiting, Diarrhoea, Kidney stones, Dizziness, Fainting, Death.
E406	AGAR (AGAR-AGAR; JAPANESE ISINGLASS) Very large quantities can cause Flatulence and Distention. Possibly intestinal obstruction	E422	GLYCEROL Very large amounts can cause headaches, Thirst, Nausea and High blood sugar levels.
E407	CARRAGEEN (IRISH MOSS) Ulcerative colitis, Cancer.	E425	KONJAC Could be in sweets. Suffocation, Digestive disorders, may remove vitamins. Forbidden in USA since 1952.
E410	LOCUST BEAN GUM (GERATONIA GUM, CAROB BEAN GUM) Asthma, Skin irritation, Hay fever.	430	POLYOXYETHYLENE (8) STEARATE (POLYOXYKYL 8 STEARATE) Skin problems, Gastrointestinal problems, Urinary tract problems, Kidney stones. Forbidden in USA since 1952.
E412	GUAR GUM (JAGUAR GUM, GUAR FLOUR CLUSTER BEAN) Nausea, Flatulence, Abdominal cramps.	431	POLYOXYETHYLENE STEARATE (POLYOXYKL 40 STEARATE) Skin problems, Gastrointestinal problems, Urinary tract problems, Kidney stones.
E413	TRAGACANTH (GUM DRAGON, GUM TRAGACANTH) Contact dermatitis.		

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432	POLYOXYETHYLENE (20) SORBITAN MONOLAURATE (POLYSORBATE 20; TWEEN 20)	Conflicting reports. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distension.	E440 (a)	AMMONIUM PECTATE POTASSIUM PECTATE, SODIUM PECTATE No known adverse effects.
433	POLYOXYETHYLENE (20) SORBITAN MONO-OLEATE (POLYSORBATE 80; TWEEN 80)	Conflicting reports. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distension.	E440 (b)	AMIDATED PECTIN No known adverse effects.
434	POLYOXYETHYLENE (20) SORBITAN MONOPALMITATE (POLYSORBATE 40; TWEEN 40)	Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distension.	E442 (EMULSIFIER YN)	AMMONIUM PHOSPHATIDES Conflicting reports. May remove essential minerals.
435	POLYOXYETHYLENE (20) SORBITAN MONOSTEARATE (POLYSORBATE 60; TWEEN 60)	Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distension.	E450 (a)	DISODIUM DIHYDROGEN DIPHOSPHATE (DISODIUM DIHYDROGEN PYROPHOSPHATE; ACID SODIUM PYROPHOSPHATE. Digestive disorders, hyperactivity, May remove essential minerals.

436	POLYOXYETHYLENE (20) SORBITAN TRISTEARATE (POLYSORBATE 65; TWEEN 65)	Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distension.	E450 (b)	PENTA SODIUM TRIPOLYPHOSPHATE (SODIUM TRIPOLYPHOSPHATE) Digestive disturbances, Blockage of enzyme systems. Hyperactivity.
E440	PECTIN	No known adverse effects except temporary flatulence.	E450 (c)	POTASSIUM POLYPHOSPHATES (SODIUM POLY PHOSPHATES) Digestive disturbances, Blockage of enzyme systems. Hyperactivity.
			E460	MICROCRYSTALLINE CELLULOSE ALPHA-CELLULOSE (POWDERED CELLULOSE)
				Suspect for Cancer.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	E461	METHYCELLULOSE CELLULOSE (METHOCEL: COLOGEL) Removes minerals.		E472 (d)	TARTARIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders
	E463	HYDROXYPROPYCELLULOSE Removes minerals.		E472 (e)	MONO and DIACE TYTARTARIC ACID ESTERS of MONO and Di-GLYCERIDES of FATTY ACIDS Digestive disorders
	E464	HYDROXYPROPYMETHYCELLULOSE (HYPROBELLOSE) Removes minerals.		E473	SUCROSE ESTERS of FATTY ACIDS Digestive disorders, could contain Methanal.
	E465	ETHYLMLETHYLECELLULOSE (METHYLETHYLCELLULOSE) Removes minerals.		E474	SUCRO GLYCERIDES Digestive disorders, could contain Methanal.
	E466	CARBOXYMETHYLCELLULOSE, SODIUM SALT (CARMELLOSE SODIUM, CMC)		E475	POLYGLYCEROL ESTERS of FATTY ACIDS Conflicting reports.
	E470	SODIUM, POTASSIUM and CALCIUM SALTS of FATTY ACIDS (SOAPS)		E476	POLYGLYCEROL Esters of FattyAcids, Conflicting reports
	E471	In quantity, can interfere with intestinal function. Could be GM.		E477	PROPANE-1, 2-DIOL ESTERS of POLYCONDENSED FATTY ACIDS (PROPYLENE GLYCOL ESTERS of FATTY ACIDS)
	E472 (a)	ACETIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.		E478	LACTYLATED FATTY ACIDS ESTERS of GLYCEROL and PROPANE of 2-DIOL Conflicting reports.
	E472 (b)	LACTIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.		E481	SODIUM STEARDYL-2-LACTYLATE Conflicting reports.
	E472 (c)	CITRIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.		E482	CALCIUM STEAROYL-2-LACTYLATE Conflicting reports.
				E483	STEARYL TARTRATE Conflicting reports.
	491	SORBITAN MONO STEARATE On animals in high doses, digestive disorders, bladder disorders, lesions.			

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	492	SORBITAN TRISTEARATE (SPAN 65) May increase absorption of fat soluble substances.		508	POTASSIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	493	SORBITAN MONOLAURATE (SPAN 20) Conflicting Reports		509	CALCIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	494	SORBITAN MONO-OLEATE (SPAN 80) Suspect for Cancer.		510	AMMONIUM CHLORIDE Effects on Liver and Kidney function, Nausea, Vomiting.
	495	SORBITAN MONOPALMITATE (SPAN 40) Suspect for Cancer.		511	MAGNESIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	500	SODIUM CARBONATE SODIUM HYDROGEN CARBONATE (SODIUM BICARBONATE; BAKING SODA; BICARBONATE OF SODA SODIUM SESQUICARBONATE (TRONA) Very large amounts cause inflammation of the gut. Gastric upsets, Circulation problems.		513	SUPHURIC ACID POISONOUS.
	501	POTASSIUM CARBONATE and POTASSIUM HYDROGEN CARBONATE No known adverse effects.		514	SODIUM SULPHATE NOT SAFE FOR BABIES. Affects Kidney and Heart functions. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	503 (a)	AMMONIUM CARBONATE (HARTSHORN) No known adverse effects.		515	POTASSIUM SULPHATE Digestive disorders, Vomiting, Conflicting reports.
	503 (b)	AMMONIUM HYDROGEN CARBONATE (AMMONIUM BICARBONATE) Irritation of stomach lining.		516	CALCIUM SULPHATE (GYPSUM, PLASTER OF PARIS)
	504	MAGNESIUM CARBONATE (MAGNESITE) No known adverse effects.		518	MAGNESIUM SULPHATE (EPSOM SALTS, EPSOMITE) Problems with kidney patients, Digestive disorders.
	507	HYDROCHLORIC ACID Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.		524	SODIUM HYDROXIDE Conflicting reports.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	525	POTASSIUM HYDROXIDE Burning pain in mouth, throat and stomach Swelling of lining membranes, Vomiting, pain and shock		542	EDIBLE BONE PHOSPHATE Made from bones. Conflicting reports.
	526	CALCIUM HYDROXIDE Harmless in small quantities. Conflicting reports.		544	CALCIUM POLYPHOSPHATES Digestive disturbances due to blocked enzyme systems. Allergic reactions. Forbidden in Australia.
	527	AMMONIUM HYDROXIDE Conflicting reports.		545	AMMONIUM POLYPHOSPHATES Digestive disturbances due to blocked enzyme systems. Allergic reactions.
	528	MAGNESIUM HYDROXIDE Conflicting reports. Forbidden in Australia.		551	SILICON DIOXIDE (SILICEA, SILICA) No known adverse effects.
	529	CALCIUM OXIDE Conflicting reports.		552	CALCIUM SILICATE Conflicting reports.
	530	MAGNESIUM OXIDE (PERICLASH; NATIVE MAGNESIUM) Conflicting reports.		553	MAGNESIUM SILICATE, SYNTHETIC and MAGNESIUM TRISILICATE TALC (FRENCH CHALK)
	531	SODIUM FERROCYANIDE (SODIUM HEXACYANOFEIRATE II) Low level toxicity.		554	ALUMINIUM SODIUM SILICATE Aluminium toxicity has been implicated with Alzheimers disease.
	536	POTASSIUM FERROCYANIDE (POTASSIUM HEXACYANOFEIRATE II) Low level toxicity.		556	ALUMINIUM CALCIUM SILICATE (CALCIUM ALUMINIUM SILICATE) Aluminium toxicity has been implicated with Alzheimers disease.
	540	DI-CALCIUM DIPHOSPHATE (CALCIUM HYDROGEN PHOSPHATE; CALCIUMPHOSPHATE DIBASIC) Small chances of adverse reaction.		558	BENTONITE (BENTONITUM; SOAP CLAY) Conflicting reports.
	541	SODIUM ALUMINUM PHOSPHATE, ACIDIC-SODIUM ALUMINUM PHOSPHATE BASIC Unsafe for babies or people suffering from kidney or heart problems. Skin reactions. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless / until it is proven safe in these circumstances.		559	ALUMINIUM SILICATE KAOLIN, HEAVY and KAOLIN, LIGHT Aluminium, toxicity has been implicated with Alzheimer's disease
	570	STEARIC ACID Conflicting reports.		572	MAGNESIUM STEARATE Only harmful if the powder is inhaled.
	575	D-GLUCONO-1,5-LACTONE, (GLUCONO DELTA-LACTONE) Conflicting reports.			

Notes	Number	ADDITIVE & Adverse effects
Notes	Number	ADDITIVE & Adverse effects
	576	SODIUM GLUCONATE No known adverse effects.
	577	POTASSIUM GLUCONATE No known adverse effects.
	578	CALCIUM GLUCONATE No known adverse effects.
	E579	FERROUS GLUCONATE No known adverse effects.
	620	L-GLUTAMIC ACID Conflicting reports.
	621	SODIUM HYDROGEN L-GLUTAMATE (MONO SODIUM GLUTAMATE; ALU-NO-MONO; MSG) Widely used as a "flavour enhancer" Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, paractivity, Asthma, Urticaria, Insomnia, Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E623	CALCIUM DIHYDROGEN DL-GLUTAMATE (CALCIUM GLUTAME) Hyperactivity, Asthma, Urticaria, Insomnia. Not safe for babies. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E624	MONO AMMONIUM GLUTAMATE Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, Hyperactivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E625	MAGNESIUM DIGLUTAMATE Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, Hyperactivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	622	POTASSIUM HYDROGEN L-GLUTAMATE (MONOPOTASSIUM GLUTAMATE) Not safe for babies and small children. Abdominal cramps, Vomiting, Diarrhoea. Harmful to people with kidney problems. Hyperactivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	E626	GUANYLIC ACID Taste enhancer, may trigger Gout.		E633	CALCIUM INOSINATE Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
	627	GUANOSINE 5'-DISODIUM PHOSPHATE (SODIUM GUANYLATE) Not safe for babies or young children. Harmful to people suffering from gout or rheumatism. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.		E634	CALCIUM RIBONUCLEOTIDES Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
	E629	CALCIUM GUANYLATE May trigger Gout, Allergies, Hyperactivity, Skin reactions, Insomnia, Asthma.		635	SODIUM 5'-RIBONUCLEOTIDE Not safe for babies or young children. Hyperactivity, Asthma, Urticaria, Insomnia. Harmful to people with gout or rheumatism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances. Suspect for Cancer.
	E630	INOSINIC ACID Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma			
	E631	DISODIUM INOSINATE Not permitted in food for children and infants. Considered safe in small quantities.		636	MALTOL Not safe for babies. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances. Suspect for Cancer. Dangerous for anaemia sufferers.
	631	INOSINE 5'-DISODIUM PHOSPHATE (SODIUM 5'-INOSINATE) Not safe for babies or young children. Hyperactivity, Asthma, Urticaria, Insomnia. Harmful to people with gout or rheumatism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.		637	ETHYL MALTOL Not safe for babies. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E632	DIPIOTASSIUM INOSINATE Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma		E640	GLYCINE, SODIUM SALT Conflicting reports

Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
E650	ZINC ACETATE Conflicting reports.	927b	CARBAMIDE Safe additive, but used in gums which contain E951 most of the time.	
900	DIMETHYPOLY SILOXANE (SIMETHICONE; DIMETHICONE) Suspect for Cancer, Allergies, Kidney and Liver problems.	E931	NITROGEN Some reports say that it is safe, used in freezing and vacuum packing. Industrially it is used in the manufacture of ammonia, cyanide and explosive.	
901	BEESWAX, WHITE and BEESWAX, YELLOW No known adverse effects.			
903	CARNUBA WAX No known adverse effects.	E932	NITROUS OXIDE Safe in small quantities. Has been used medicinally as an anaesthetic.	
904	SHELLAC Conflicting reports.	E939	HELIUM Used for packaging, gas also used for balloons. Considered safe.	
905	MINERAL HYDROCARBONS Anal seepage and irritation. Bowel cancer. Mild laxative.	E950	ACESULFAME POTASSIUM or ACESULFAME-K. Often used with E951 in chewing gum and drinks. Allowed by FDA since 1988. Suspect for Cancer and Hypoglycaemia. Avoid.	
907	REFINED MICROCRYSTALLINE WAX Made from petrol, banned in some countries.			
920	L-CYSTEINE HYDROCHLORINE and L-CYSTEINE HYDROCHLORINE MONOHYDRATE Possible removal of minerals., safe in small quantities	E951	ASPARTY AME Atrophy / development failure of sex organs. Brain damage, Autism, Cerebral Palsy, Degenerative disease, Diabetes, Dyslexia, Epilepsy, Endocrine disruption, Eye damage, Fetal damage, Hypoglycaemia, Hyperactivity, Impaired growth, Insomnia, Low thyroid function, Lowered fertility, Lowered intelligence, Migraine, Neural instability, Obesity, Placental damage, Schizophrenia. Contains MSG.	
924	POTASSIUM BROMATE Abdominal pain, Nausea, Vomiting, Diarrhoea, Convulsions, Disturbance of Vitamin E.			
925	CHLORINE Powerful irritant, Disturbance of Vitamin E. Destroys nutrients.	E952	CYCLAMIC ACID Suspect for Cancer. Allowed since 1953. Forbidden in USA since 1970.	
926	CHLORINE DIOXIDE Powerful irritant, Disturbance of Vitamin E. Destroys nutrients.	E954	SACCHARINES Allergies and Cancer. The ancestor of artificial sweeteners.	
927	AZODICARBONAMIDE (AZOFORMAMIDE) Hyperactivity, Asthma, Urticaria, Insomnia, Disturbance of Vitamin E. Banned in some countries.	E955	SUCRALOSE (SPLENDA) Destruction of immune system affecting the Liver and Kidneys.	
		E957	THAUMATIN Could be from tropical plant or GM. Used as an artificial sweetener.	

Notes

Number

Notes

Number

ADDITIVE & Adverse effects

Notes

Number

Notes

Number

ADDITIVE & Adverse effects

E959

NEOHESPERIDINE
Considered safe, made from citrus fruits.

E962

SALT from ASPARTAME or ACESULFAME K

Often used with E951 in chewing gum and drinks. Allowed by FDA since 1988. It seems to provoke Cancer and hypo-glycemia. Avoid.

E965

MALTITOL
This syrup could be made from saccharose or GM corn. Flatulence and digestive disorders.

E966

LACTITOL
Diarrhoea, digestive disorders, flatulence.

E967

XYLITOL
Suspect for cancer by FDA. Nausea, kidney stones, dizziness, death. Avoid.

E969

QUILLAJA EXTRACT
Conflicting reports. Could disturb the blood. Digestive disorders.

E1000

AMYLASE
Made from animals or GM. Allowed in Canada & USA but not mentioned in Europe.

E1103

INVERTASE
Considered safe.

E1105

LYSOZYME
Made from egg white, could give allergies.

E1200

POLYDEXTROSE

Safe in small doses but could cause diarrhoea when 90g per day are consumed.

E1201

POLYVINYL PYRROLIDONE
Additive very difficult to eliminate, could stay in our body for a year! Has caused cancer & abortion on animals in laboratories.

E1202

POLYVINYL POLYVRROLIDONE
Additive very difficult to eliminate, could stay in our body for a year! Has caused cancer & abortion on animals in laboratories.E1404
1451**STARCHES**
Could be from GM, inadequate labelling. Diarrhoea, digestive disorders, (kidney stones in animals). Conflicting reports.

E1505

TRIETHYL ACETATE
Part becomes alcohol in body.

E1517

GLYCEROL ACETATES

E1518

Could be from GM.

E1519

BENZYLIC ALCOHOL

Not named very often, could be natural or GM.

E1520

PROPYLENE-GL YCOL

Has been proven to be very toxic with animals. Central nervous system. Depression, Heart attack. Forbidden in pet food.

Update

We had hoped that when we came to update FIND OUT, 20 years after we first put it together, the situation would have improved that it would have become quite a slim little booklet - if, indeed, it was needed at all.

Sadly, this is not the case.

The book "Excitoxins, The Taste That Kills" by Dr. Russell Blaylock MD, shows us that far from improving, the scene has further deteriorated.

Dr. Blaylock says:

"It is my opinion, after reviewing an enormous amount of medical and research literature, that monosodium glutamate, aspartame and other excitotoxin dietary additives pose an enormous hazard to our health and to the development and normal functioning of the brain. To continue to add enormous amounts of excitotoxins to our food is unconscionable and will lead to suffering and ruined lives for generations to come. The civilised world, especially the United States, has become the largest experimental laboratory in history. The question that begs for an answer is, "Are we creating a nightmare world?"

The following are some of the conditions quoted by Dr. Blaylock as being due to an intake of Excitotoxins:

Alzheimer's

Atrophy, developmental failure of the sexual organs

Autism

Brain damage (sometimes delayed onset)

Cerebral palsy

Degenerative diseases

Diabetes

Dyslexia

Epilepsy

Endocrine damage

Eye damage

Fetal damage

Hypoglycaemia

Hyperactivity

Impaired growth

Insomnia

Low thyroid function

Lowered fertility

Lowered intelligence

Migraine

Obesity

Placental damage

Schizophrenia

Sexual psycho pathology

Sudden rages

MONOSODIUM GLUTAMATE

So far as i am aware, monosodium glutamate and similar excitotoxins are still permitted and are still on the market. Excitotoxins go under a variety of pseudonyms:

ADDITIVES THAT ALWAYS CONTAIN MSG:

- Aspartame/Aspartate/Aspartic acid
- Cystiene/L-Cysteine^E
- Hydrolysed Protein/Hydrolysed Vegetable Protein
- Glutamine/Glutamic acid
- Kainate
- Natural Flavouring
- NMDA
- Nutri sweet
- Phenylalaine
- Quisqualate
- Sodium Caseinate
- Tetured Protein
- Autoized Yeast

ADDITIVES THAT FREQUENTLY CONTAIN MSG:

- Bouillon
- Broth
- Flavouring
- Malt Extract
- Malt Flavouring
- Natural Beef or Chicken Flavouring
- Natural Flavouring
- Seasoning
- Spices
- Stock

ADDITIVES THAT MAY CONTAIN MSG OR EXCITOTOXINS:

- Carrageenan
- Enzymes
- Soy Protein Concentrate
- Whey Protein Concentrate

Additives in alphabetical order by name.
Colour coded for details of allergic reactions please
refer to the additive number for more details

A	Acetic Acid	E1519
	Acetic Acid Esters	E160e
	Acesulfame Potassium or Acesulfame-K	E230
	Adipic Acid	E151
	Agar	E284
	Alginic Acid	E260
	Allura Red AC	E472a
	Alpha-Carotene	E950
	Aluminium Calcium Silicate	E355
	Aluminium (C.I. 77000)	E406
	Aluminium Sodium Silicate	E400
	Amaranth	E129
	Amidated Pectin	E160a
	Amylase	556
	Ammonium Alginate	E173
	Ammonium Carbonate	554
	Ammonium Chloride	E123
	Ammonium Hydrogen Carbonate	E440b
	Ammonium Hydroxide	E1100
	Ammonium Pectate	E403
	Ammonium Phosphates	503a
	Annatto	510
	Anthocyanins	503b
	Aspartame	527
	Azodicarbonamide	E440a
	Azorubine	442
B	Beeswax	901
	Beetroot Red	E162
	Bentonite	558
	Bentonitum	558
	Benzoic Acid	E210
C	Calcium Acetate	E263
	Calcium Alginate	E404
	Calcium Ascorbate	E302
	Calcium Benzozate	E213
	Calcium Bisulphite	E227
	Calcium Chloride	509
	Calcium Carbonate	E170
	Calcium Dihydrogen	623
	Calcium Disodium	385
	Calcium Gluconate	578
	Calcium Glucomate	623
	Calcium Guanilate	E629
	Calcium Hydrogen	E341
	Calcium Hydrogen Sulphite	E227
	Calcium Hydroxide	526
	Calcium Inosinate	E633
	Calcium Lactate	E327
	Calcium Oxide	529
	Calcium Polyphosphates	E544
	Calcium Propionate	E282
	Calcium Ribonucleotides	E634
	Calcium Silicate	552
	Calcium Sorbate	E203
	Calcium Stearoyl-2-Lactylate	E482

Calcium Sulphite	E226	Dipotassium Inosinate	E632
Calcium Tetraydrogen Canthaxanthin (C.I. 75135)	E341	Disodium Inosinate	E631
Capsanthin	E161g	Diisobutyl Gallate	E312
Caramel	E160c		
Carbamide	E150	Edible Bone Phosphate	542
Carbon Black	927B	Erythorbic Acid	E315
Carbon Dioxide	E153	Erythrosine (C.I. 45430)	E127
Carboxymethylcellulose cellulose	E290	Ethyl Ester of Beta APO 8	E160f
sodium salt		Ethyl 4-Hydroxy Benzoate	E214
Carmellose Sodium; CMC	E466	Ethyl Maltol	637
Carmine of Cochineal	E466	Ethylmethyl Cellulose	E465
Carmoisine	E120	Ethyl- <i>p</i> -Para-Hydroxy Benzoate	E214
Carnauba Wax	E122	Extracts of Natural Origin Rich in Tocopherols	E306
Carrageen	903		
Chlorine	E407	Ferrous Gluconate	E579
Chlorine Dioxide	925	Flavozanthin	E161a
Chlorophyll	926	Glycerol Acetate	E236
Citric Acid	E140	Glycine & its Sodium Salt	297
Citric Acid Esters	E330	Guanylic Acid	
Cochineal	E472	Gold	
Copper Complexes of Chlorophyll	E120	Greens	
& Chlorophyllins		Guanasine	
Copper Phaeophytins	E141	Guar Gum	
Cryptoxanthin (C.I. 75135)	E141	Gum Arabic	
Curcumin (C.I. 75300)	E161c		
Cyclamic Acid	E100		
	E952		
D			
D-Glucono- <i>o</i> -1	575	E422	
Di Calcium Diposphate		E1517	
(Calcium Hydrogen Phosphate).	540	E640	
Dimethyl Dicarbonate	E242	E626	
Dimethyl Poly Siloxane	900	E175	
Di Sodium Citrate	E331b	E142	
		627	
		E412	
		E414	
H			
Helium		E939	
Heptanolactone		370	
Hexamine		E239	

**2-Hydroxy Biphenyl
Hydrochloric Acid
Hydropropycellulose**

E231
507
E463

**Indigo Carmine
Inosine 5'-Monophosphate
Inosinic Acid
Invertase
Iron Oxides**

E132
E132
E631
E630
E1103
E172

Kaolin Heavy & Light

Karaya

Konjac

L
**Lactic Acid
Lactic Acid Esters
Lactitol
Lactylated Fatty Acids
L-Ascorbic Acid Vit. C
L-Cysteine Hydrochlorine
L-Glutamic Acid
Locust Bean Gum
Lutein
Lycopene
Lysozyme**

E270
E472b
E966
E478
E300
920
620
E410
E161b
E160d
E1105

M
**Maltose
Maltitol
Maltotriose Acid
Methylcellulose
Methyl 4-Hydroxy Benzoate
Methyl 4-hydroxy Benzene
Microcrystalline Cellulose
Mineral Hydrocarbons
Mono- and Di Glyceride of Fatty Acids
Mono- and Tri Calcium Citrate
Mono Sodium Tartrate
Mono ammonium Glutamate**

E425

K

Kaolin Heavy & Light

Karaya

Konjac

L
**Lactic Acid
Lactic Acid Esters
Lactitol
Lactylated Fatty Acids
L-Ascorbic Acid Vit. C
L-Cysteine Hydrochlorine
L-Glutamic Acid
Locust Bean Gum
Lutein
Lycopene
Lysozyme**

E235
E959
375
E234
E931
E932

N
**Nata Mycin
Neohesperidine
Nicotinic Acid
Nisin
Nitrogen
Nitrous Oxyde**

E235
E959
375
E234
E931
E932

O
**Octyl Gallate
Orthophosphoric Acid**

E311
E338

P
**6-O Phlimitoyal
Patent Blue
Pectin
Pentapotassium Triphosphate
Penta Sodium Triphosphate
Pigment Rubine
Polyglycerol Ester of Fatty Acid
Polyglycerol Ester of Policondensated Fatty Acid
Polyoxyethylene Sorbitan**

E304
131
E440a
E450b
E450b
E180
E475
E476

M
**Magnesium Carbonate
Magnesium Chloride
Magnesium Dигитамат
Magnesium Oxide
Magnesium Silicate
Magnesium Sterate
Magnesium Sulphate**

504
511
E625
530
553
572
518

E296
636
E965
353
E461
E218
E219
E460
905
E471
E472e
E333
E336
E335
E624

Maltose
Maltitol
Maltotriose Acid
Methylcellulose
Methyl 4-Hydroxy Benzoate
Methyl 4-hydroxy Benzene
Microcrystalline Cellulose
Mineral Hydrocarbons
Mono- and Di Glyceride of Fatty Acids
Mono- and Tri Calcium Citrate
Mono Sodium Tartrate
Mono ammonium Glutamate

Nata Mycin
Neohesperidine
Nicotinic Acid
Nisin
Nitrogen
Nitrous Oxyde

Octyl Gallate
Orthophosphoric Acid

6-O Phlimitoyal
Patent Blue
Pectin
Pentapotassium Triphosphate
Penta Sodium Triphosphate
Pigment Rubine
Polyglycerol Ester of Fatty Acid
Polyglycerol Ester of Policondensated Fatty Acid
Polyoxyethylene Sorbitan

E304
131
E440a
E450b
E450b
E180
E475
E476

2-Hydroxy Biphenyl
Hydrochloric Acid
Hydropropycellulose

Indigo Carmine
Inosine 5'-Monophosphate
Inosinic Acid
Invertase
Iron Oxides

Kaolin Heavy & Light

Karaya

Konjac

L
**Lactic Acid
Lactic Acid Esters
Lactitol
Lactylated Fatty Acids
L-Ascorbic Acid Vit. C
L-Cysteine Hydrochlorine
L-Glutamic Acid
Locust Bean Gum
Lutein
Lycopene
Lysozyme**

M
**Magnesium Carbonate
Magnesium Chloride
Magnesium Dигитамат
Magnesium Oxide
Magnesium Silicate
Magnesium Sterate
Magnesium Sulphate**

Polyoxylethylene Sorbitan	433
Polyoxylethylene (20) Sorbitan	434
Polyoxylethylene (20)	435
Polyoxylethylene (20)	436
Polyoxylethylene	430
Polyoxyethylene Sterarate	431
Polyoxyethylene (20)	435
Polydextrose	E1200
Polyvinyl Polypyrrolidone	E1202
Polyvinyl Pyrrolidone	E1201
Ponceau 4R	124
Potassium Acetate	261
Potassium Alginate	E402
Potassium Adipate	E357
Potassium Benzoate	E212
Potassium Bisulphite	E228
Potassium Bromate	924
Potassium Carbonate	501
Potassium Chloride	508
Potassium Dihydrogen Orthophosphate	E332
Potassium Ferrocyanide	E340a
Potassium Gluconate	536
Potassium Hydrogen	577
Potassium Hydrogen Orthophosphate	622
Potassium Hydroxide	E340b
Potassium Hydroxide	525
Potassium Lactate	E326
Potassium Malate	351
Potassium Metabisulphite	E224
Potassium Nitrate	E249
Potassium Nitrate (Saltpetre)	E252
Potassium Orthophosphate (C)	E340c
Potassium Polyphosphates	E450c
Potassium Propionate	E283
Potassium Sorbate	E202
Potassium Sulphate	515
Potassium Tartrate	E337
Propane-1, 2-Diol	E477
Propylene 1, 3-Diol Alginic	405
Propionic Acid	E280
Propyl Gallate	E310
Propyl 4-Hydrobenzoate	E216
Propyl 4-Hydroxybenzoate	E217
Propylene-Glycol	E1520
Quillaja Extract	E999
Quinoline Yellow	E104
R	
Hed 20 (C.I.)	128
Refined Microcrystalline Wax	907
Rhodoxanthin	E161f
Riboflavin	E101
Riboflavin 5 Phosphate	101a
Rubixanthin	E161d
S	
Saccharines	E954
Shellac	904
Silicon Dioxide	551
Silver (C.I. 77000)	E174
Sodium Acetate (Anhydrous) and Sodium Acetate	E262
Sodium Acetate	E401
Sodium Alginate	
Sodium Aluminium Phosphate Acidic Sodium	541
Sodium Aluminium Phosphate, Basic	E356
Sodium Adipate	
Sodium Benzolate	E211
Sodium Biphenyl-2-yl oxide (Sodium Orthophenenate)	E232
Sodium Sesquicarbonate	500
Sodium Citrates	E331
Sodium Dihydrogen Citrate (monosodium Citrate)	E331a
Sodium Dihydrogen Orthophosphate	E339a
Sodium Ferricyanide	535
Sodium Formate	E237
Sodium Gluconate	576

Sodium Hydrogen Carbonate	500	E473
Sodium Hydrogen Diacetate (Sodium Diacetate)	E262	E220
Sodium Hydrogen L-Glutamate	621	513
Sodium Hydrogen Molate		E110
Sodium Hydrogen Sulphite		
(Sodium Bisulphite; Acid Sodium Sulphite)		
Sodium Hydroxide		
Sodium Lactate		
Sodium L-Ascorbate (Vitamin C)	E301	E307
Sodium L-(+)-Ascorbate		
Sodium Metabisulphite (Potassium Pyrosulphite)	E224	Synthetic Alpha-Tocopherol -
Sodium Nitrate (Chile Saltpetre)	E251	(Vitamin E: DL-Alpha-Tocopherol)
Sodium Nitrate	E250	Synthetic Delta-Tocopherol
Sodium, Potassium and Calcium Salts of Fatty Acids (Soaps)	E470	(Vitamin E: DL-Alpha-Tocopherol)
Sodium Propionate	E281	Synthetic Gamma-Tocopherol
Sodium 5' Ribonucleotide	635	(Vitamin E: DL-Gamma-Tocopherol)
Sodium Sorbate	E210	
Sodium Steady -2-Lactylate	E481	
Sodium Sulphate	514	
Sodium Sulphite	E221	
Sodium Erythorbate	E316	
Sorbic Acid	E200	
Sorbitol	E420i	T
Sorbitol Syrup	E420ii	Tartronic Acid
Sorbitan Monolaurate (Span 20)	493	Tara Gum
Sorbitan Mono-Oleate (Span 80)	494	Tartrazine
Sorbitan Monopalmitate (Span 40)	495	Thaumatin
Sorbitan Mono-Stearate	491	Titanium Dioxide
Stearic Acid	570	Tragacanth
Starches	E1404-1451	Tri Ammonium Citrate
Stearyl Tartrate	E483	Tri Calcium Diorthophosphate
Succinic Acid	363	Tri Potassium Citrate
Suero Glycerides	E474	Tri Sodium Citrate
		Tri Sodium Diphosphate
		Tri Sodium Orthophosphate
	V	
		Violoxanthin
		X
		Xanthan Gum
		Xanthophylls
		Xylitol
	Z	
		Zinc Acetate
		E650

Safe Additives

Colourings - Yellow	E100	E101 (i)	E101 (ii)
Colourings - Green	E140(i)	E140(ii)	
Colourings - Plant Extracts			
E160 (a)(i)	E160(a)(ii)	E160(b)	E160(e)
E160(f)	E161	E161(d)	
E161(e)	E161(f)	E162	E163
Other Colourings	E170	E172	
Preservatives	E263	E297	
Antioxidants			
E301	E302	E304	E306
E307	E308	E309	
Emulsifiers etc.			
E331	E331	E331(i)	E331(ii)
E335(i)	E335(ii)	E337	E350
E350(ii)		E352	E352(i)
E351			E352(ii)
E353	E355	E375	E401
E402	E404	E440(b)	
Acids, Bases and Related Materials	E501	E501(i)	E503
		E501(ii)	E503(i)
Anticaking Agents etc.	E551	E576	
Waxes		E577	E578
901			E579
General Use	927b	E932	
		E939	E959
			E1103

Marco Rocca's

Vortex-based Mathematics